



6th October 2017

Dear Parents/Carers,

Following the success of our recent parent workshop: Pupil Wellbeing, I would like to invite you to attend the next workshop which will focus on 'Understanding Anxiety in Children'.

This workshop will cover some of the scientific understanding around what anxiety is, and provide some helpful ideas for how to enable children to manage their anxieties.

The workshop will be held on **Monday 30th October**, in the downstairs classroom at **9.15am**. It is anticipated to last until **10.30am**.

Please complete the slip below to register your interest and I look forward to seeing you there.

Kind regards
Esther Burrows
Pupil Wellbeing Leader

My name: -----

Child's name and class-----

I would like to attend the workshop on 30th October

